
The most common procedures involved in periodontal treatment are scaling and root planing.

Scaling involves removal of plaque and calculus deposits that are visible above and just below the gum line on the root of the tooth. Your dental professional may use an ultrasonic cleaning device or hand instruments to do this.

Root planing is a more time consuming procedure that involves scraping and smoothing the root surfaces of your teeth. Gum tissues can more firmly reattach to roots that are clean and smooth.

Figure 4. Scaling

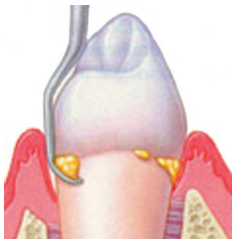


Figure 5. Root Planing



Quitting Smoking

Smoking increases the risk of having more rapidly destructive periodontal disease. It also places you at risk of mouth cancers. If you are a smoker, your dental professional will probably advise you on the availability of “quit-smoking” programs and materials.

Australia Quitline: 137 848 (13 QUIT)

New Zealand Quitline: 0800 778 778

Your dental professional may refer you to a periodontist – a specialist in gum diseases.

Acknowledgement:

Colgate Periodontal Education Program | Colgate Oral Care

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Gum Disease

What does periodontal
treatment involve?

Periodontal treatment is care that your dental professional undertakes to ensure you have healthy gums.

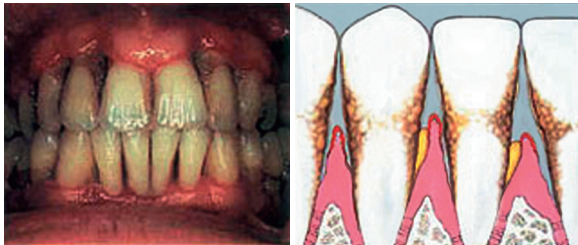
Periodontal treatment is designed specifically for your level of gum disease.

Periodontal disease involves destruction of tooth-supporting tissues (bone and gum). It occurs in a cyclic manner, with bursts of destruction and periods of inactivity.

Periodontal treatment aims to:

- > remove the irritants that may be associated with the active destructive phase of the disease.
- > maintain your gum tissues to prevent further destruction.
- > advise you how to keep your gums as healthy as possible.

Figure 1. Periodontal disease showing loss of bone



The success of periodontal treatment is largely due to the effort you as an individual make to remove the daily build-up of plaque from tooth and gum surfaces. To prevent and help heal inflamed gums, it is essential to control plaque build-up.

You are the person who plays the most important role in your periodontal treatment.

The type of periodontal treatment needed will vary according to the severity of your gum problem. Different aspects of treatment, and the time it is likely to take, will be explained by your dental professional. The treatment plan is usually adapted to fit with other dental treatment you may require.

Figure 2. Mouth with severe periodontal disease



What does periodontal treatment involve?

A plan for periodontal treatment involves the development of an ordered sequence of dental procedures which will be undertaken to restore your teeth and gums to health.

This plan will organise the different treatments to be used into a specific order to get the best results.

Periodontal treatment usually involves oral hygiene instruction and removal of plaque and calculus build-up. It may also involve a review of medical conditions, filling replacement and advice to assist with smoking cessation.

Removal of plaque and calculus build-up

Your dental professional will remove plaque and calculus that has built up over a period of time. Plaque is a sticky, colourless film of bacteria that builds up on the teeth and is the major cause of gingivitis and periodontitis. Calculus is plaque that has hardened over time (often called "tartar").

Oral hygiene instruction

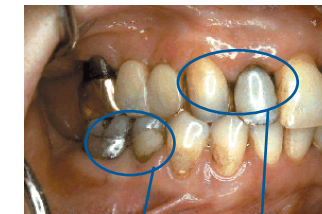
The first goal of oral hygiene instruction is to improve your ability to remove plaque from your teeth. Your dental professional will assist you with the correct techniques for brushing and flossing your teeth.

Other home aids may be suggested to help control plaque build-up, such as mouth-rinses, floss, inter-dental tooth brushes, toothpastes and disclosing solutions. Instruction will be given on their use, and how often they should be used to be effective.

Filling replacement

Some of your fillings and crowns may be contributing to the inflammation of your gums. These may need to be reshaped or replaced to provide surfaces that are easier to keep clean.

Figure 3. Fillings or crowns may need to be smoothed or replaced



Areas where plaque may accumulate

Dental products may help improve oral hygiene.
